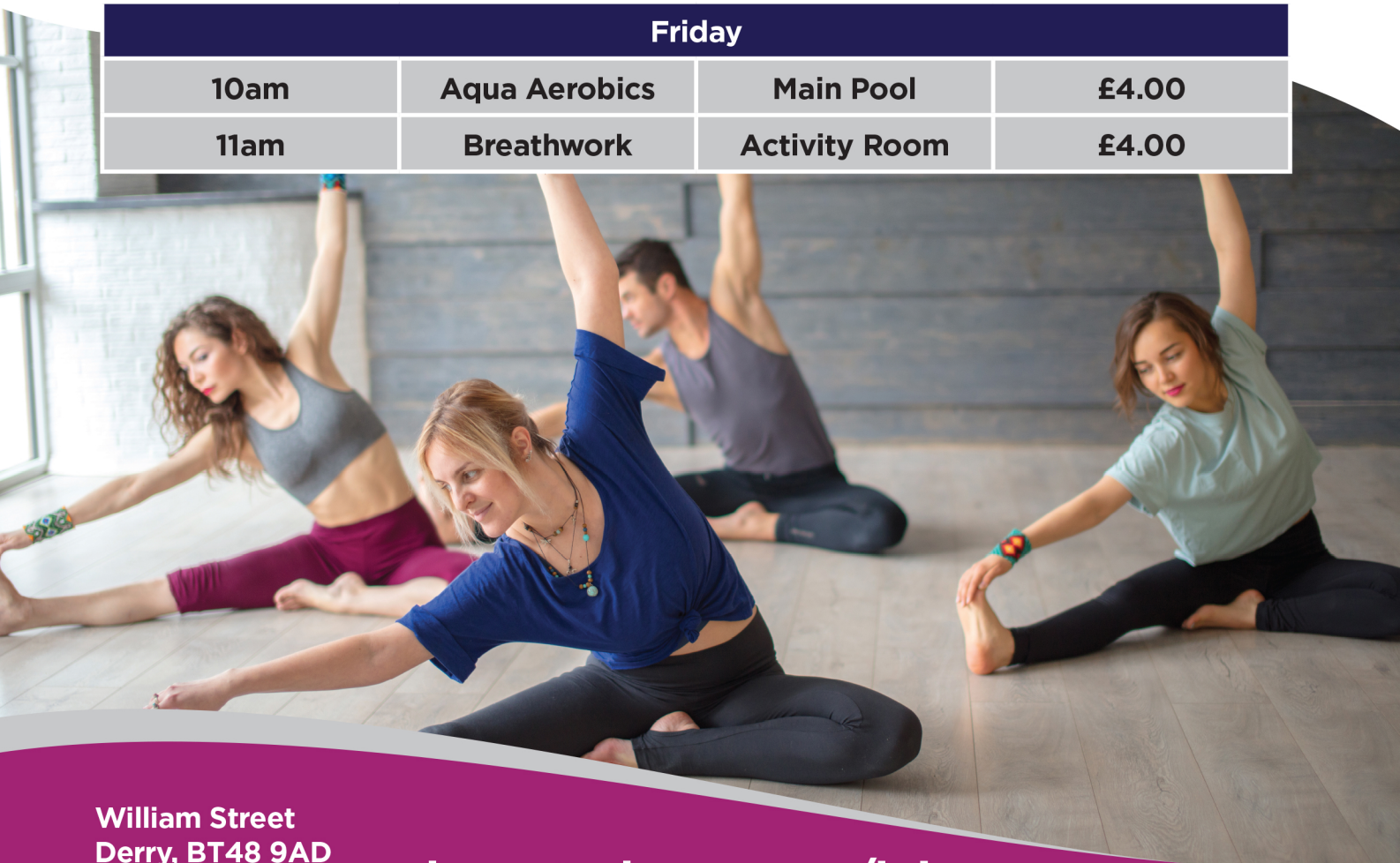


Fitness Class

Spring Programme



Time	Class Name	Location	Cost
Monday			
10am	Aqua Aerobics	Main Pool	£4.00
6pm	Pilates	Activity Room	£4.00
Tuesday			
12.30pm	Yoga	Activity Room	£4.00
1.30pm	Mindfulness	Activity Room	£4.00
7pm	Swim Fit	Main Pool	£4.00
Wednesday			
8pm	Aqua Aerobics	Main Pool	£4.00
Thursday			
8pm	Aqua Aerobics	Main Pool	£4.00
Friday			
10am	Aqua Aerobics	Main Pool	£4.00
11am	Breathwork	Activity Room	£4.00



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